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## We claim:

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A method of lowering the Young's modulus or tan δ of a silicone hydrogel comprising the step of incorporating in said hydrogel, a mono-alkyl terminated polydimethylsiloxane monomer having the structure:

- where b = 0 to 100; R<sub>58</sub> is a monovalent group containing at least one ethylenically unsaturated moiety; R<sub>59</sub> is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether group; R<sub>60</sub> is a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups; and R<sub>61</sub> is independently alkyl or aromatic, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.
  - 2. The method of claim 1, wherein b is about 4 to about 16,  $R_{58}$  is a monovalent group containing at least one styryl, vinyl, or methacrylate moiety,  $R_{59}$  is methyl,  $R_{60}$  is  $C_{3-8}$  alkyl group, and  $R_{61}$  is methyl.
  - 3. The method of claim 1, wherein b is about 8 to about 10,  $R_{58}$  is a monovalent group containing at least one styryl, vinyl, or methacrylate moiety,  $R_{59}$  is methyl,  $R_{60}$  is  $C_{3-8}$  alkyl group, and  $R_{61}$  is methyl.

- 4. The method of claim 1, wherein b is about 4 to about 16,  $R_{58}$  is a methacrylate moiety; each  $R_{59}$  is methyl; and  $R_{60}$  is a butyl group.
- 5. The method of claim 1, wherein b is about 8 to about 10,  $R_{58}$  is a methacrylate moiety; each  $R_{59}$  is methyl,  $R_{60}$  is a butyl group, and  $R_{61}$  is methyl.
- The method of claim 1, wherein about 2 to about 70 % wt,
   based on the total weight of reactive monomer, of the mono-alkyl terminated polydimethylsiloxane is incorporated in said silicone hydrogel.
- The method of claim 1, wherein about 4 to about 50 % wt,
   based on the total weight of reactive monomer, of the mono-alkyl terminated polydimethylsiloxane is incorporated in said silicone hydrogel.
- 8. The method of claim 1, wherein about 8 to about 40 % wt,
  based on the total weight of reactive monomer, of the mono-alkyl
  terminated polydimethylsiloxane is incorporated in said silicone
  hydrogel.
- 9. The method of claim 1, wherein said silicone hydrogel
  additionally comprises a silicone-containing monomer other than that
  of claim 1 and having the structure:

$$R_{51}$$
 $(CH_3)_r$ 
 $X-(L)_a-(CH_2)_p-Si-(OSiR_{52}R_{53}R_{54})_q$ 

wherein  $R_{51}$  is H,  $C_{1.5}$ alkyl, or an ethylenically unsaturated moiety, q is 1, 2, or 3 and for each q,  $R_{52}$ ,  $R_{53}$  and  $R_{54}$  is independently an alkyl group, an aromatic group or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units, p is 1 to 10, r = (3-q), X is O or NR<sub>55</sub>, where  $R_{55}$  is H or a monovalent alkyl group with 1 to 4 carbons, a is 0 or 1, and L is a divalent linking group.

- 10. The method of claim 1, wherein said silicone hydrogel additionally comprises 3-methacryloxypropyltris (trimethylsiloxy) silane.
  - 11. The method of claim 9, wherein each of  $R_{52}$ ,  $R_{53}$ , and  $R_{54}$  is independently ethyl, methyl, benzyl or phenyl.
    - 12. A silicone hydrogel having a Young's modulus of less than about 154 psi and a tan  $\delta$  of equal to or less than about 0.3 at a frequency of 1 Hz at 25°C.

- 13. The silicone hydrogel of claim 12, wherein the Young's modulus is less than about 130 psi.
- 14. The silicone hydrogel of claim 12, wherein the Young'smodulus is less than about 100 psi.
  - 15. The silicone hydrogel of claim 12, wherein the Young's modulus is less than about 70 psi.

- 16. The silicone hydrogel of claim 12, wherein the Young's modulus is less than about 45 psi.
- 5 17. The silicone hydrogel of claim 12, further comprising an O<sub>2</sub>Dk greater than about 40 barrer.
- 18. The silicone hydrogel of claim 12, 13, or 17, further comprising about 2-70 % wt, based on the total weight of reactive monomer, of a mono-alkyl terminated polydimethylsiloxane having the structure:

$$R_{58} - Si - O - \left(Si - O\right) - R_{59} R_{59} R_{59}$$

$$R_{59} R_{59} R_{59}$$

where b = 0 to 100, where it is understood that b is a distribution having a mode equal to a stated value, preferably 8 to 10; R<sub>58</sub> is a monovalent group containing at least one ethylenically unsaturated moiety, preferably a monovalent group containing a styryl, vinyl, or methacrylate moiety, more preferably a methacrylate moiety; each R<sub>59</sub> is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups, preferably unsubstituted monovalent alkyl or aryl groups, more preferably methyl; R<sub>60</sub> is a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone,
carboxylic acid or ether groups, preferably unsubstituted monovalent alkyl or aryl groups, preferably a C<sub>1-10</sub> aliphatic or aromatic group which may include hetero atoms, more preferably C<sub>3-8</sub> alkyl groups,

most preferably butyl, and  $R_{61}$  is independently alkyl or aromatic, preferably ethyl, methyl, benzyl, phenyl, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.

- 5 19. The silicone hydrogel of claim 18, wherein b = 4 to 16, R<sub>58</sub> is a monovalent group containing at least one styryl, vinyl, or methacrylate moiety, each R<sub>59</sub> is methyl, R<sub>60</sub> is a C<sub>3-8</sub> alkyl group, and R<sub>61</sub> is methyl.
- 20. The silicone hydrogel of claim 18, wherein b = 8 to 10,  $R_{58}$  is a methacrylate moiety; each  $R_{59}$  is methyl;  $R_{60}$  is a butyl group, and  $R_{61}$  is methyl.
- The silicone hydrogel of claim 18, wherein the mono-alkyl terminated polydimethylsiloxane is a monomethacryloxypropyl
   terminated polydimethylsiloxane.
  - 22. The silicone hydrogel of claim 18, having a Young's modulus of about 30-160 psi.
- 20 23. The silicone hydrogel of claim 18, having a Young's modulus of about 40 –130 psi.
  - 24. A contact lens comprising a silicone hydrogel having a Young's modulus less than about 180 psi and a tan  $\delta$  of equal to or less than about 0.25 at a frequency of 1 Hz at 25°C.

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25. The contact lens of claim 24, having a Young's modulus of less than about 100 psi.

- 26. The contact lens of claim 24, further comprising an O<sub>2</sub>Dk greater than about 40 barrer.
- 27. The contact lens of claim 24, 25, or 26, further comprising about 2-70 % wt, based on the total weight of reactive monomer, of a mono-alkyl terminated polydimethylsiloxane having the structure:

$$R_{58} = \begin{array}{c|c} R_{61} & R_{59} & R_{59} \\ \hline \\ R_{59} & R_{59} & R_{59} \end{array}$$

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where b = 0 to 100, where it is understood that b is a distribution having a mode equal to a stated value, preferably 8 to 10; R<sub>58</sub> is a monovalent group containing at least one ethylenically unsaturated moiety, preferably a monovalent group containing a styryl, vinyl, or methacrylate moiety, more preferably a methacrylate moiety; each R<sub>59</sub> is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups, preferably unsubstituted monovalent alkyl or aryl groups, more preferably methyl; R<sub>60</sub> is a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups, preferably unsubstituted monovalent alkyl or aryl groups, preferably a C<sub>1-10</sub> aliphatic or aromatic group which may include hetero atoms, more preferably C<sub>3-8</sub> alkyl groups, most preferably butyl, and R<sub>61</sub> is independently alkyl or aromatic, preferably ethyl, methyl, benzyl, phenyl, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.

28. The contact lens of claim 27, wherein b = 4 to 16,  $R_{58}$  is a monovalent group containing at least one styryl, vinyl, or methacrylate moiety, each  $R_{59}$  is methyl,  $R_{60}$  is  $C_{3-8}$  alkyl group, and  $R_{61}$  is methyl.

- 5 29. The contact lens of claim 27, wherein b = 8 to 10,  $R_{58}$  is a methacrylate moiety; each  $R_{59}$  is methyl,  $R_{60}$  is a butyl group, and  $R_{61}$  is methyl.
- 30. The contact lens of claim 27, wherein the mono-alkyl terminated polydimethylsiloxane is a monomethacryloxypropyl terminated polydimethylsiloxane.

- 31. The contact lens of claim 27, wherein said silicone hydrogel has a Young's modulus of about 30-160 psi.
- 32. The contact lens of claim 27, wherein said silicone hydrogel has a Young's modulus of about 40-130 psi.
- 33. The contact lens of claim 27, further comprising a surface layer that is more hydrophilic than said silicone hydrogel.
  - 34. The contact lens of claim 33, further comprising a coating that is more hydrophilic than said silicone hydrogel.
- 25 35. The contact lens of claim 33, wherein the surface layer comprises poly(acrylic acid).
  - 36. A silicone hydrogel contact lens comprising a (CT) of about 50 to about 160  $\mu$ m and a Young's modulus (E) of about 40 to about 300 psi, wherein (E)(CT)<sup>2</sup> is less than about 1 psi mm<sup>2</sup>.

- 37. The silicone hydrogel contact lens of claim 36, further comprising a tan  $\delta$  of equal to or less than about 0.3 at a frequency of 1 Hz at 25°C.
- 38. The silicone hydrogel contact lens of claim 36, further comprising a O<sub>2</sub>Dk greater than about 40 barrer.
- 39. The silicone hydrogel contact lens of claim 36, 37, or 38, further comprising at least 5% wt of a mono-alkyl terminated polydimethylsiloxane having the structure:

$$R_{58} = - \begin{cases} R_{61} & R_{59} \\ S_{1} & C \end{cases} = \begin{pmatrix} R_{59} & R_{59} \\ S_{1} & C \end{pmatrix} = \begin{pmatrix} R_{59} & R_{59} \\ R_{59} & R_{59} \end{pmatrix} = \begin{pmatrix} R_{59} & R_{59} \\ R_{59} & R_{59} \end{pmatrix}$$

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where b = 0 to 100;  $R_{s8}$  is a monovalent group comprising at least one ethylenically unsaturated moiety; each  $R_{s9}$  is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups;  $R_{80}$  is a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups, and  $R_{81}$  is independently alkyl or aromatic, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.

25 40. The silicone hydrogel contact lens of claim 39, wherein b = 4 to 16, R<sub>58</sub> is a monovalent group containing at least one styryl, vinyl, or methacrylate moiety, each R<sub>59</sub> is methyl, and R<sub>60</sub> is C<sub>3-8</sub> alkyl group.

- 41. The silicone hydrogel contact lens of claim 39, wherein b = 8 to 10,  $R_{58}$  is a methacrylate moiety; each  $R_{59}$  is methyl;  $R_{60}$  is a butyl group, and  $R_{61}$  is methyl.
- 42. The silicone hydrogel contact lens of claim 39, wherein the mono-alkyl terminated polydimethylsiloxane is a monomethacryloxypropyl terminated polydimethylsiloxane.
- 10 43. The silicone hydrogel contact lens of claim 39, wherein the center thickness is less than about 85 μm.
  - 44. The silicone hydrogel contact lens of claim 39 wherein the thickness is less than about 100  $\mu m$  and the Young's modulus is less than about 100 psi.
  - 45. The silicone hydrogel contact lens of claim 39, wherein the amount of mono-alkyl terminated polydimethylsiloxane is about 20 % wt.

- 46. The silicone hydrogel contact lens of claim 39, wherein the center thickness is less than 129  $\mu m$  and the Young's modulus is less than about 60 psi.
- 25 47. The silicone hydrogel contact lens of claim 39, wherein the amount of mono-alkyl terminated polydimethylsiloxane is about 30% wt.
  - 48. A method of making a polymer comprising preparing a silicone based macromer by Group Transfer Polymerization and reacting said

macromer with a polymerization mixture comprising a mono-alkyl terminated polydimethylsiloxane monomer having the structure:

$$R_{58} = \begin{array}{c|c} R_{61} & R_{59} & R_{59} \\ \hline \\ R_{59} & R_{59} & R_{59} \end{array}$$

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where b = 0 to 100;  $R_{58}$  is a monovalent group containing at least one ethylenically unsaturated moiety;  $R_{59}$  is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether group;  $R_{60}$  is a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups; and  $R_{61}$  is independently alkyl or aromatic, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.

15 49. The method of claim 48 wherein said silicone based macromer comprises a mono-alkyl terminated polydimethylsiloxane monomer having the structure:

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where b = 0 to 100;  $R_{58}$  is a monovalent group containing at least one ethylenically unsaturated moiety;  $R_{59}$  is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether group;  $R_{60}$  is a monovalent

alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups; and R<sub>81</sub> is independently alkyl or aromatic, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.

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50. The method of claim 48 wherein said polymerizable mixture comprises Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane, a polydimethyl siloxane other than Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane, and a hydrophilic monomer.

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- 51. The method of claim 48, wherein said macromer is the reaction product of a reaction mixture comprising 2-(trimethylsiloxy)ethyl methacrylate, methyl methacrylate, methacryloxypropyltris(trimethylsiloxy)silane, and monomethacryloxypropyl terminated mono-butyl terminated polydimethylsiloxane.
- 52. The method of claim 48, wherein the macromer is functionalized with a free radical polymerizable group.

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- 53. The method of claim 48, wherein the reaction mixture of claim 48 is treated with a catalyst and a molecule containing both an isocyanate group and a free radical polymerizable group.
- 54. The method of claim 53 wherein said catalyst comprises, tin, bismuth or a tertiary amine and said molecule containing both an isocyanate group and said free radical polymerizable group is dimethyl meta-isopropenyl benzyl isocyanate.

- 55. A macromer useful for making silicone hydrogels comprising a Group Transfer Polymerization product of a reaction mixture comprising 2-(trimethylsiloxy)ethyl methacrylate, methyl methacrylate, methacryloxypropyltris(trimethylsiloxy)silane, and monomethacryloxypropyl terminated mono-butyl terminated polydimethylsiloxane.
- 56. The macromer of claim 55, wherein the Group Transfer
  Polymerization product reaction mixture comprises about 19.1 moles
  of 2-(trimethylsiloxy)ethyl methacrylate, about 2.8 moles of methyl
  methacrylate, about 7.9 moles of
  methacryloxypropyltris(trimethylsiloxy)silane, and about 3.3 moles of
  mono-methacryloxypropyl terminated mono-butyl terminated
  polydimethylsiloxane.

- 57. A silicone hydrogel comprising the reaction product of a silicone based macromer Group Transfer Polymerization product and a polymerizable mixture comprising Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane, a polydimethylsiloxane other than Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane, and a hydrophilic monomer.
- 58. The silicone hydrogel of claim 57, wherein the macromer is the Group Transfer Product of a reaction mixture 2-(trimethylsiloxy)ethyl methacrylate, methyl methacrylate, methacryloxypropyltris(trimethylsiloxy)silane, and monomethacryloxypropyl terminated mono-butyl terminated polydimethylsiloxane.

- 59. The silicone hydrogel of claim 57, wherein the macromer is the Group Transfer Polymerization product of reaction mixture comprising about 19.1 moles of 2-(trimethylsiloxy)ethyl methacrylate, about 2.8 moles of methyl methacrylate, about 7.9 moles of methacryloxypropyltris(trimethylsiloxy)silane, and about 3.3 moles of mono-methacryloxypropyl terminated mono-butyl terminated
- 60. The silicone hydrogel of claim 57, 58, or 59 wherein the polymerizable mixture comprises Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane; methacryloxypropyl tris(trimethyl siloxy) silane; N,N-dimethyl acrylamide; 2-(trimethylsiloxy)ethyl methacrylate; and tetraethyleneglycol dimethacrylate.

polydimethylsiloxane

15 61. The silicone hydrogel of claim 60, wherein the macromer is present in an amount of about 10 to about 60 wt percent, the Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane is present in an amount of about 0 to about 45 wt percent; the methacryloxypropyl tris(trimethyl siloxy) silane is present in an amount of about 0 to about 40 wt percent; the N,N-dimethyl acrylamide is present in an amount of about 5 to about 40 wt percent; the 2-hydroxy ethyl methacrylate is present in an amount of about 0 to about 10 wt percent; and the tetraethyleneglycol dimethacrylate is present in an amount of about 5 wt percent.

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62. The silicone hydrogel of claim 60, wherein the macromer is present in an amount of about 15 to about 25 wt percent, the Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane is present in an amount of about 20 to about 30 wt percent; the methacryloxypropyl tris(trimethyl siloxy) silane is present in an

amount of about 15 to about 25 wt percent; the N,N-dimethyl acrylamide is present in an amount of about 20 to about 30 wt percent; the 2-hydroxy ethyl methacrylate is present in an amount of about 2 to about 7 wt percent; and the tetraethyleneglycol dimethacrylate is present in an amount of about 0 to about 5 wt percent.

- 63. The silicone hydrogel of claim 60, 61, or 62 wherein the polymerizable mixture further comprises poly(N-vinyl pyrrolidinone).
- 64. The silicone hydrogel of claim 61, wherein the polymerizable mixture further comprises about 0 to about 10 wt percent poly(N-vinyl pyrrolidinone).
- 15 65. The silicone hydrogel of claim 62, wherein the polymerizable mixture further comprises about 2 to about 7 wt percent poly(N-vinyl pyrrolidinone).
- 66. A contact lens comprising the reaction product of a silicone based macromer Group Transfer Polymerization product and a polymerizable mixture comprising Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane, a polydimethyl siloxane other than Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane, and a hydrophilic monomer.
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67. The contact lens of claim 66, wherein the macromer is the Group Transfer Product of a reaction mixture comprising 2-(trimethylsiloxy)ethyl methacrylate, methyl methacrylate, methacryloxypropyltris(trimethylsiloxy)silane, and mono-

methacryloxypropyl terminated mono-butyl terminated polydimethylsiloxane.

- 68. The contact lens of claim 66, wherein the macromer is the
   Group Transfer Polymerization product of reaction mixture comprising about 19.1 moles of 2-(trimethylsiloxy)ethyl methacrylate, about 2.8 moles of methyl methacrylate, about 7.9 moles of methacryloxypropyltris(trimethylsiloxy)silane, and about 3.3 moles of mono-methacryloxypropyl terminated mono-butyl terminated
   polydimethylsiloxane
  - 69. The contact lens of claim 66, 67, or 68 wherein the polymerizable mixture comprises Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane; methacryloxypropyl tris(trimethyl siloxy) silane; N,N-dimethyl acrylamide; 2-hydroxy ethyl methacrylate; and tetraethyleneglycol dimethacrylate.
- 70. The contact lens of claim 69, wherein the macromer is present in an amount of about 10 to about 60 wt percent, the
  20 Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane is present in an amount of about 0 to about 45 wt percent; the methacryloxypropyl tris(trimethyl siloxy) silane is present in an amount of about 0 to about 40 wt percent; the N,N-dimethyl acrylamide is present in an amount of about 5 to about 40 wt percent;
  25 the 2-hydroxy ethyl methacrylate is present in an amount of about 0 to about 10 wt percent; and the tetraethyleneglycol dimethacrylate is
- 71. The contact lens of claim 69, wherein the macromer is present in an amount of about 15 to about 25 wt percent, the

present in an amount of about 0 to about 5 wt percent.

Si<sub>8-10</sub> monomethacryloxy terminated polydimethyl siloxane is present in an amount of about 20 to about 30 wt percent; the methacryloxypropyl tris(trimethyl siloxy) silane is present in an amount of about 15 to about 25 wt percent; the N,N-dimethyl acrylamide is present in an amount of about 20 to about 30 wt percent; the 2-hydroxy ethyl methacrylate is present in an amount of about 2 to about 7 wt percent; and the tetraethyleneglycol dimethacrylate is present in an amount of about 0 to about 5 wt percent.

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- 72. The contact lens of claim 69, wherein the polymerizable mixture further comprises poly(N-vinyl pyrrolidinone).
- 73. The contact lens of claim 70, wherein the polymerizable mixture further comprises about 0 to about 10 wt percent poly(N-vinyl pyrrolidinone).
- 74. The contact lens of claim 71, wherein the polymerizable mixture further comprises about 2 to about 7 wt percent poly(N-vinyl pyrrolidinone).
  - 75. A method of lowering the Young's modulus and  $\tan \delta$  of a silicone hydrogel comprising the step of incorporating in said hydrogel, a mono-alkyl terminated polydimethylsiloxane monomer having the structure:

$$R_{58} = - \begin{cases} R_{61} & R_{59} & R_{59} \\ S_{1} & O - \begin{pmatrix} S_{1} & O \\ S_{1} & O \end{pmatrix} & R_{59} \\ R_{59} & R_{59} & R_{59} \end{cases}$$

where b = 0 to 100;  $R_{58}$  is a monovalent group containing at least one ethylenically unsaturated moiety;  $R_{59}$  is independently a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether group;  $R_{60}$  is a monovalent alkyl, or aryl group, which may be further substituted with alcohol, amine, ketone, carboxylic acid or ether groups; and  $R_{61}$  is independently alkyl or aromatic, or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units.

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76. The method of claim 75, wherein said silicone hydrogel additionally comprises a silicone-containing monomer other than that of claim 1 and having the structure:

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$$R_{51}$$
 $X-(L)_a-(CH_2)_p-Si-(OSiR_{52}R_{53}R_{54})_q$ 

wherein  $R_{51}$  is H,  $C_{1.5}$ alkyl, or an ethylenically unsaturated moiety, q is 1, 2, or 3 and for each q,  $R_{52}$ ,  $R_{53}$  and  $R_{54}$  is independently an alkyl group, an aromatic group or a monovalent siloxane chain comprising from 1 to 100 repeating Si-O units, p is 1 to 10, r = (3-q), X is O or NR<sub>55</sub>, where  $R_{55}$  is H or a monovalent alkyl group with 1 to 4 carbons,

a is 0 or 1, and L is a divalent linking group.

77. The method of claim 75, wherein said silicone hydrogel additionally comprises 3-methacryloxypropyltris (trimethylsiloxy) silane.

- 78. The method of claim 76, wherein each of  $R_{52}$ ,  $R_{53}$ , and  $R_{54}$  is independently ethyl, methyl, benzyl or phenyl.
- 79. The method of claim 75 wherein Young's modulus is lowered
  to less than about 100 psi and tan δ of equal to or less than about
  0.25 at a frequency of 1 Hz at 25°C.
- 80. The method of claim 75 wherein Young's modulus is lowered to less than about 80 psi and tan  $\delta$  of equal to or less than about 0.25 at a frequency of 1 Hz at 25°C.